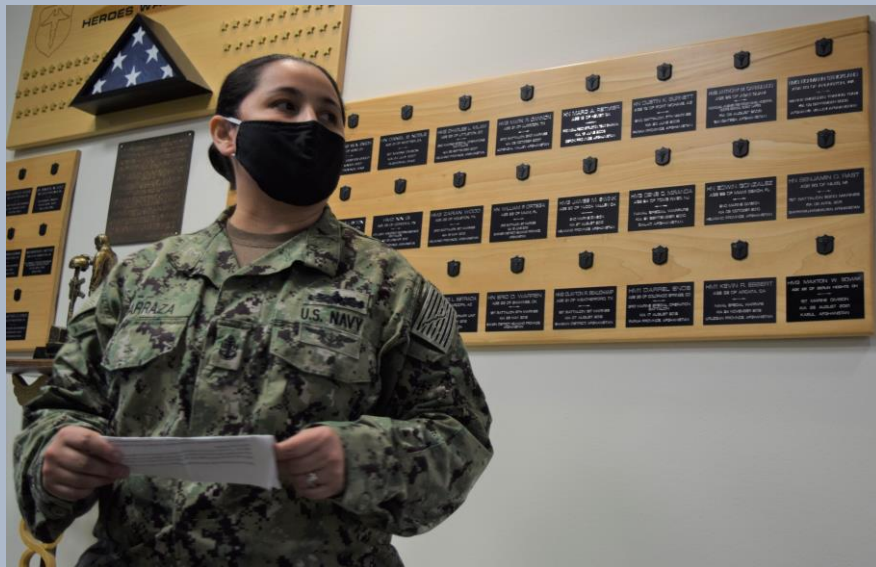


NHB/NMRTC Bremerton

Imagery Review

2022 January



Remembering the fallen... Chief Hospital Corpsman Elizabeth Barraza addresses assembled staff members at the command's Hospital Corps Heroes Wall of Honor during a dedication ceremony in honor of Hospital Corpsman 3rd Class Maxton Soviak, killed during a suicide bombing August 26, 2021, at the Abbey Gates of Hamid Karzai International Airport, Kabul, Afghanistan. Soviak was added to the Wall of Honor, a memorial to the 57 hospital corpsmen lost after 9/11 (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



With the Omicron variant of the highly-infectious COVID virus bringing a surge of patients requesting symptomatic COVID-19 testing at Naval Hospital Bremerton, the Urgent Care Clinic is limiting testing services to active duty personnel assigned to units with no testing resources; beneficiaries over age 50; and those with symptoms severe enough to require medical evaluation and the need to be seen by a physician. Symptoms considered severe include shortness of breath, new onset of cough, an acute loss of smell/taste, fever, chills, muscle aches, headaches, sore throat, and fatigue. Asymptomatic testing support for those identified as a close contact or for official travel is still available on NHB's Third Floor of the Family Medicine wing when ordered in advance by a medical provider. (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer)

NHB/NMRTC Bremerton

Imagery Review

2022 February



Hospital Corpsman 1st Class Ferrell Jenkins, affirms that the Black History Month theme this year 'Celebrating Black Health and Wellness' does more than just resonate with him. It provides a personal and professional correlation in healthy lifestyle for his culture, his upbringing and the medical support he provides as a preventive medicine technician in the Navy's third largest fleet concentration centered in the Pacific Northwest (official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton).



Oral Cancer can give someone quite the mouthful... Pat Graves, Tobacco Cessation counselor, shares a mock model of how dangerous and destructive tobacco products, specifically smokeless tobacco, can be to someone's health and well-being with NMRTU Bangor staff, Feb. 24, 2022, the annual recognition date for the Great American Spitout, a campaign designed to foster awareness and consideration among users to quit their spit, at least one chew at a time (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton Public Affairs).

NHB/NMRTC Bremerton Imagery Review 2022 March



As part of her visit to NHB, March 17, 2022, Air Force Brig. Gen. Anita Fligge, Defense Health Agency chief nursing officer, was provided an overview of the command's Urgent Care Clinic by Lt. Cmdr. Paul Flood, who explained that the UCC's implementation of several initiatives over the past year, which helped decrease wait times for COVID testing - with over 10,300 total COVID-19 tests completed in 2021 alone - and optimizing staff utilization were instrumental in increasing customer satisfaction and assist in mitigating manpower losses due to military requirements. "COVID-19 [also] brought us the need to be more innovative and communicative. I thank everyone for all you've done, and continue to do," remarked Fligge, who also toured other Puget Sound Military Health System (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



Six Sailors were notified by leadership of being advanced to the next highest paygrade as part of the Navy's Meritoriously Advancement Program (MAP). Advancing in rate to Hospital Corpsman 1st Class was Kaleesha Ramos, to Hospital Corpsman 2nd Class were Tyler Clayton and Jose Rico, to Master-at-Arms 2nd Class was Mackenzie Razo, and promoted to Hospital Corpsman 3rd Class were Grace Corn and Gunner Haskill. All were notified in person with the exception of Ramos, who was reached at home while on maternity leave (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



NHB/NMRTC Bremerton Imagery Review 2022 April



sexual assault awareness significance...staff members show their support for Sexual Assault Awareness and Prevention Month (SAAPM) by forming a teal ribbon, April 1, 2022, to further visually signify their collective and command commitment to zero tolerance against sexual assault. The theme for 2022, "Step Forward. Prevent. Report. Advocate," is a call to action at all levels to use personal strength to advance positive change in preventing any type of sexual violence. The photo-opportunity is the opening of NMRTC Bremerton month long awareness campaign, which also includes a virtual 5K (3.1 miles) run/walk, Chalk the Walk event and Sexual Assault Prevention Response victim advocate recognition (Official Navy photo by Douglas H. Stutz, NHB/NMRTC Bremerton Public Affairs).



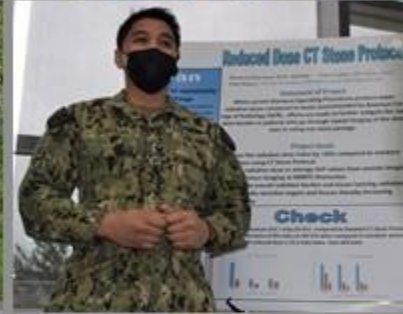
NHB/NMRTC Bremerton Imagery Review 2022 May



*with a little selfie support...
inclement weather didn't put a
damper on NHB's
Decontamination Team in
successfully conducting and
concluding a DECON
certification course, May 5, 2022.
Under less-than-ideal rainy
conditions, team members were
collectively and individually tested
in being able to receive casualties
during a chemical, biological,
radiological, nuclear (and)
explosives response (CBRNE)
incident (official Navy photo by
Douglas H Stutz, NHB/NMRTC
Bremerton public affairs officer)*



From June 17, 1898 to June 17, 2022
Navy Hospital Corps 124th Birthday
'Corpsman Up!'
at NHB/NMRTC Bremerton

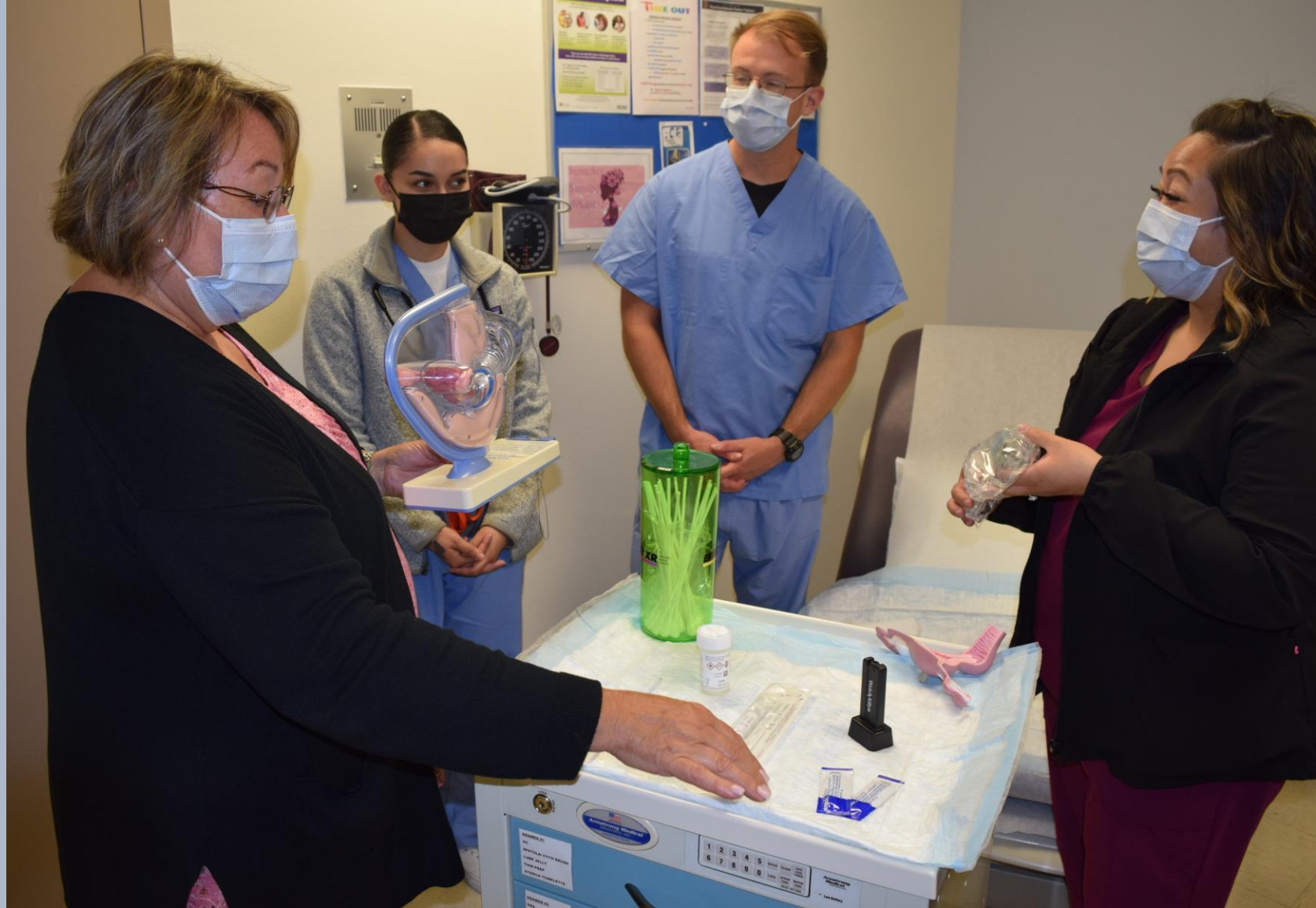




NHB/ NMRTC Bremerton Imagery Review 2022 July



NMRTC Bremerton gave 63 Sailors the authority to assume the title and wear the uniform of their next highest pay-grade



Pap test prep...Naval Hospital Bremerton OB/GYN staff, (from left) certified medical assistant Brenda Gonzales, Hospitalman Ruby Rodriguez, Hospital Corpsman 2nd Class William Brown and registered nurse Shaleen Cronin ensure an exam room is ready for cervical cancer screening, also known as a Pap test or Pap smear, as NHB will begin providing walk-in availability, Sept. 2, 2022. NHB strongly advocates the screening for all women, especially between the ages of 21 and 65, with the screening clinic to be held every Friday from 8 a.m. until noon, except closed for federal holidays and on days of limited activity (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).

NHB/NMRTC Bremerton

Imagery Review

2022 August

*Dental Corps at NHB/NMRTC Bremerton
Putting the Bite in the Fight since 1912*



With 17 active duty and two civil service dentists, along with eight contract hygienists, Naval Hospital Bremerton – and branch clinics located on Naval Base Kitsap Bangor and Naval Station Everett - has provided a full scope of dental services such as comprehensive and general dentistry, oral and maxillofacial surgery, endodontics, periodontics and hygiene, prosthodontics, and oral maxillofacial radiology to approximately 12,300 active duty patients during 28,000 patient encounters just last year alone. They have ensured high operational dental readiness for well over 100 commands in the nation's third largest fleet concentration. Happy 110th Birthday!

Showing some Class...

Dental health and wellness is not just centered on the prevention of cavities and explaining the need to brush and floss regularly. The Navy's dental readiness classifications for all patients serves as an crucial indicator of every command's operational readiness.

Lt. Cmdr. Justin Watson, operative dentist, explains, "Class I, they [patients] are good to go with no dental treatment expected in a year. Class II, they may just need minor or elective treatment such as a dental cleaning or a small filling. Class III, urgent/emergency treatment is required, usually active dental disease is found and the decayed part of the tooth must be removed and filled or it could get much worse within a year. Class IV, the patient hasn't had a dental exam within the year and/or dental classification is unknown."

The classification system is specifically positioned to screen Navy commands and predict – to prevent - dental emergencies that might occur in the next 12 months.

One smile at a time...



NHB/NMRTC Bremerton Imagery Review 2022 September



Mentoring from the top... Rear Adm. Guido F. Valdes, Naval Medical Forces Pacific commander, San Diego Military Health Systems market director and Navy Medical Corps chief, shares a few words with Hospitalman Alessandra Vera on being NMRTC Bremerton Blue Jacket of the Quarter while serving as a laboratory technician and demonstrating exceptional leadership, initiative and dedication to duty.

Also recognized were Hospital Corpsman 3rd Class Joshua C. Hebert as Junior Sailor the Quarter for his stellar work in Physical Therapy and Hospital Corpsman 1st Class (Fleet Marine Force) Paul V. Delacruz as Senior Sailor of the Quarter for personifying high standard of performance and conduct. Each received a Navy letter of commendation from Valdes during his familiarization visit, Sept. 7, 2022 (Official Navy photos by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer).



On the recovery road less traveled... After suffering through a serious bout of sepsis, followed by a heart attack necessitating open-heart surgery and then repair for an excruciating hernia, Pat Flaherty, Naval Hospital Bremerton chief information officer, accompanied by wife Terri, Port Orchard residents and both avid cyclists, recently completed bicycling 3,762 miles across North America, from the Pacific shores of Washington State to Bar Harbor, Maine, on the Atlantic coast (Courtesy photo).



NHB/NMRTC
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Staff with a 'stache...NHB/NMRTC Bremerton staff members showed their support for the annual 'Movember' mustache movement to help increase awareness and educate others on men's health issues, specifically prostate and testicular cancer initiatives. Even for those clean-shaven, a prostate cancer exam is a covered service by TRICARE, which includes screenings. Eligible beneficiary are encouraged to discuss the benefits/risks associated with their provider. Why? Because there is statistical evidence for this awareness campaign. Prostate cancer is the second most common form of cancer in American males, trailing only skin cancer. The odds increase of getting prostate cancer as a man gets older. The American Cancer Society estimates that there will be approximately 268, 500 new cases of prostate cancer in 2022, resulting in 34,500 fatalities. Do the math. That's almost one in eight new cases that doesn't make it (Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs).



Making it a clean sweep...NMRTC Bremerton CSADD (Coalition of Sailors Against Destructive Decisions) pitched in to support a recent community environmental stewardship event, clearing up discarded trash all along Austin Drive. The 20 volunteers picking up approximately 50 pounds of rubbish (Courtesy photo by Hospital Corpsman 3rd Class Mariah Hanline-Torres).

**NHB/NMRTC
Bremerton
Imagery
Review
2022
November**





Season
Greetings
From
NHB/NMRTC
Bremerton

